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AUTHOR English, Jill; And Others
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ABSTRACT

Many people acknowledge that youth need to be educated so that they value healthy lifestyles and abstain from alcohol and other drug use. Literature particularly lends itself to these issues. In addition, language arts material and literature may specifically address issues of alcohol and other drug use by young people or their families and friends. This annotated bibliography lists some of these materials which might be used across the curriculum. The materials are not intended as a substitute for a core health or drug prevention curriculum. Instead they provide some possible means by which there can be infusion of alcohol and other drug use prevention into other academic areas so that key concepts suggested in the core curriculum are reinforced. A literary work is included in this bibliography only if the main idea could be used to generate a discussion of alcohol and other drug use. Fiction is divided into two sections for grades kindergarten through third grade and fourth through sixth grades. The poetry section is divided into these categories: (1) drinkers and drinking; (2) humor and drinking; (3) drugs; (4) smoking; (5) and humor and smoking. Grade levels are indicated. Ideas are included for preparatory and follow-up activities. (LLL)

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Drug Education Through Literature

An Annotated Bibliography for Grades K - 6

September 1991

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Northwest Regional Educational Laboratory
101 S.W. Main Street, Suite 500
Portland, Oregon 97204

Far West Laboratory for Educational Research and Development
730 Harrison Street
San Francisco, California 94107-1242

The Southwest Regional Educational Laboratory
4665 Lampson Avenue
Los Alamitos, California 90720

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Western Regional Center for Drug-Free Schools and Communities
Judith A. Johnson, Director

Northwest Regional Educational Laboratory
101 S.W. Main Street, Suite 500
Portland, OR 97204
(503) 275-9500

Field Office
1164 Bishop Street, Suite 1409
Honolulu, Hawaii 96813
(808) 532-1904

Far West Laboratory for Educational Research & Development
730 Harrison Street
San Francisco, CA 94107
(415) 565-3000

Southwest Regional Laboratory
4665 Lampson Avenue
Los Alamitos, CA 90720
(213) 598-7661

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Drug Education Through Literature

An Annotated Bibliography for Grades K - 6

Jill English
Western Regional Center for Drug-Free Schools and Communities
Southwest Regional Laboratory

and

Audrey A. Pyles, Library Information Specialist
and
Arlene Wicker, Elementary Teacher
Walnut Valley Unified School District, Walnut

September 1991

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We Need Your Help

We're certain many of you have additional suggestions of literature which could be included in this guide. Many other pieces of literature have scenes from which discussions related to alcohol and other drug use could be generated. We'd like to update this document periodically to include your suggestions. If you would like to have your suggestions included, please send: title, author, publisher, recommended interest level, a brief annotation, the category it should be in, and your name and address to:

SWRL
Western Regional Center for Drug-Free Schools and Communities
4665 Lampson Avenue
Los Alamitos, CA 90720

We'll be pleased to credit you as a contributor and to send you an updated version when it is complete.

Judith A. Johnson, Director
Western Regional Center for
Drug-Free Schools and Communities

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INTRODUCTION

Many people acknowledge that youth need to be educated so that they value healthy lifestyles and abstain from alcohol and other drug use. However, a constant and valid cry of teachers is : When am I supposed to find the time to teach it? It is important to recognize that building of individuals' self esteem and problem-solving skills are critical in dealing with this problem. These skills can be encouraged and strengthened throughout the day, in all curriculum areas. Literature particularly lends itself to these issues.

In addition, language arts material and literature may specifically address issues of alcohol and other drug use by young people or their families and friends. This guide lists some of these materials which might be used across the curriculum in classrooms. The materials are not intended as a substitute for a core health or drug prevention curriculum. Instead, they provide some possible means by which there can be infusion of alcohol and other drug use prevention into other academic areas so that key concepts suggested in the core curriculum are reinforced.

Using the Guide

A literary work was included in the guide only if the main idea could be used to generate a discussion of alcohol and other drug use. These works represent only some of the literature used in alcohol and other drug prevention efforts. As with all educational materials, they need to be reviewed by the teacher to ensure appropriateness for the target population.

The literature cited is categorized into two genres: fiction books and poetry. Grade levels are indicated for some works, denoting recommended age groups, not necessarily reading levels.

Suggestions for Using the Literature

To best explore the issues related to the use of alcohol and other drug use included in this guide, we suggest conducting one or more preparatory and follow-up activities with your students. Some ideas include the following:

- Conduct a class discussion.
- Have students write a poem, song, play, video, or story about the use of alcohol and other drugs.
- Discuss and dispel the myths related to the use of alcohol and other drugs.
- Conduct a pre and post-test on the students' knowledge of alcohol and other drugs.
- Invite a guest speaker to discuss issues related to the use of alcohol and other drugs.
- Have students gather and discuss newspaper articles related to the use of alcohol and other drugs.

- Develop problems related to the use of alcohol and other drugs that the students need to critically analyze and develop their own decisions.
- Conduct role plays utilizing scenes from the literature.
- Have students change the ending of the story in a way that promotes non-drug use.
- Show and discuss a related video.
- Have the students develop a puppet show telling the story.

GRADES K - 3

Frederick
Lionni, L.

The dreamer among the little field mice, Fredrick suggests the psychological truth that when one is in dire need, it is dreams of happier times that alone can sustain one. It is a story of the human spirit.

_____
New York: Alfred A. Knopf, Inc., 1900.

Herbie's Troubles
Chapman, C.

Herbie's troubles all began the day he met Jimmy John. "Move it," said Jimmy John when their tunnels met in the sandbox. He moved Herbie's tunnel right into Herbie's lap. That was just the beginning. Things got worse. Herbie's friends had lots of ideas, but none of them worked. Jimmy John was trouble! Herbie had to do something about him by himself.

_____
New York City: E. P. Dutton, 1981.

I Wish Daddy Didn't Drink So Much
Vigna, J.

After a disappointing Christmas, Lisa, with the help of her mother and an older friend, learns ways to deal with her father's alcoholism. The story provides a realistic, balanced picture of the sober and alcoholic parent and an early primary-age child trying to make sense of it all.

_____
Niles, IL: Albert Whitman & Company, 1988.

Ira Sleep Over
Waber, B.

Ira's first sleep over with his friend, Reggie, proved to be an exciting adventure. Ira, fearful of Reggie finding out he sleeps with a teddy bear, couldn't decide whether to take his teddy bear or leave him home. The choice was made. Ira discovers in an unexpected way that other people share what you think are your own particular problems.

_____
Boston: Houghton-Mifflin Company, 1972.

My Big Sister Takes Drugs
Vigna, J.

When Paul's family moves to a new city, Paul's older sister, Tina, gets involved with a group of kids who drink and take drugs. When the police bring Tina home after finding her smoking crack in the park, Paul's parents send her to a rehabilitation program. Now Paul can't go to soccer camp because his parents can't afford both programs. The story ends on a realistic, but hopeful, note as Tina seems to be doing well and may come home soon.

Niles, IL: Albert Whitman & Company, 1990.

Oliver Is A Sissy
De Paola, T.

Oliver's classmates' taunts don't stop Oliver Button from doing what he likes best. He uses his coping skills to prevent the taunting peer pressure of his classmates and continues to dance. Oliver's classmates respected him for his courage and his decision.

New York: Harcourt Brace Jovanovich, 1979.

Poisons Make You Sick
Chlad, D.

Tammy eats pills that she thinks are orange candies. They make her ill because they're poisonous. The moral of the story is for a child to check with an adult before putting strange things in his or her mouth.

Chicago: Children's Press, 1984.

Ramona and Her Father
Cleary, B. B.

Seven-year old Ramona is alarmed to learn her father has lost his job. Home life turns grim. Her mother works full-time and her father becomes bored with housekeeping. Ramona and her sister, Beezus, try to get their father to quit smoking, but when he tries, he becomes more irritable. Ramona eventually learns more about her family and her father's anxious irritability ends, drawing her closer to him. Home life improves when her father gets a job.

New York: Avon Books, 1990

Sometimes My Mom Drinks Too Much
Kenny, K., & Krull, H.

Maureen, about 8, is unhappy because her mother drinks too much. When she does she behaves strangely, upsetting their once-stable family. The mother causes Maureen to be embarrassed, but also makes Maureen feel sorry for her mom. Eventually Maureen believes her mother acts in unpredictable ways because her mom hates her. Maureen's dad explains that her mother has a sickness called alcoholism and that it has nothing to do with Maureen. However, the illness affects them all. One day Maureen returns home from school to an empty house. Later her father explains he has taken the mother to a special hospital to try to help her mom get well. And, he tells Maureen, she needs help from special people (the hospital staff), but her mother also has to help herself.

Shaker-Heights, OH: Raintree Publishing, Inc., 1980.

GRADES 4-6

Blowfish Live in the Sea
Fox, P.

Twelve-year-old Carrie lives in New York with her parents and her 18 year old half-brother, Ben. Ben's father left him and his mother when the boy was very young. About a year ago, Ben began acting strangely. Now he has quit school and refuses to look for work. Ben receives an unexpected message to meet his father in Boston. Ben asks Carrie to go along and their parents agree. Ben's father does not show up at the scheduled place, and Ben, although he is disillusioned, remains determined to find the man. Both young people are shocked by the alcoholic person they finally meet. Ben decides to stay with him and try to help him.

Englewood Cliffs, NJ: Bradbury Press, 1970.

Dogs On The Case
Curtis, P.

Curtis and Cupp investigate search-and-rescue dogs who find missing persons, block the flow of drugs across U. S. borders, and pinpoint the work of arsonists. The story discusses dogs that are trained to use their scenting ability to locate drugs, explosives, missing persons, agricultural products, and other substances. A directory of search-and-rescue dog organizations is included.

New York: Lodestar, 1989.

Give It Up Mom
Robinson, M.

Rayne's Social Living project is to get her mother to stop smoking. Rayne comes up with some ingenious "Alternative Activities," and Mom really tries to cooperate. But can this project succeed? Sometimes both mother and daughter wonder . . .

Boston: Houghton-Mifflin Company, 1989.

Heads You Win, Tails I Lose
Holland, I.

Teenaged Melissa is overweight and caught in the marital difficulties of her sparring parents. Her father, who appears to have a mistress, belittles her, and her mother feels she is the source of all the trouble. Her desire to be in a stage production and the encouragement of both a school-teacher and a young boy motivate Melissa to lose weight, but she chooses a misguided avenue, taking her mother's diet pills. Father leaves, mother steps up her drinking, and Melissa finally realizes that ultimately life's journey is taken alone. She stops taking pills and goes to see her father in order to get help with her mother. In her new maturity, Melissa begins to understand her family. The pacing is swift and the acid dialogue appropriate, lending important impact.

Philadelphia: Lippincott, 1988.

If You Listen
Zolotow, C. (Ed.)

Pre-teen Lia rarely sees her wealthy father because he is busy with his work. Her mother is lost in a twilight world produced by taking too many pills. The family has arrived at their country home for the summer and Lia feels that it will be "just another cage" for her because "no one listens to anyone else in this family." Lia makes friends with Sue Ellen, they play together and share confidences. However, Lia never invites Sue Ellen to her house because Lia fears her mother's reaction (Sue Ellen is poor and lives with her granny in a shabby home). Lia runs away from home and is discovered at Sue Ellen's house. Lia's father asks for another chance, especially because he promises changes.

_____

New York: Harper & Row, 1987.

I'll Get There. It Better Be Worth The Trip
Donovan, J.

Davey Ross lives with his divorced, alcoholic mother. Weekly visits with his father and his father's new wife barely diminish Davey's loneliness. The adolescent shares his feelings with his affectionate dog. In addition, Davey becomes involved in a sexual encounter with a male school friend who also is lonely. Then Davey's dog is accidentally killed. Davey begins to mature in spite of the complications. The author explores the notion that sources of love exist and that one should be aware of their benefits and ramifications.

_____

New York: Harper & Row, 1969.

In Our House Scott is My Brother
Adler, C. S.

For three years, since her mother's death, 13-year-old Jodi and her father have been a team. Suddenly her father announces his remarriage and suddenly Jodi's new stepmother, Donna, moves in with 13-year-old son, Scott. Donna redecorates the house, has cool politeness toward Jodi, and is abrupt towards everyone. Jodi notices Donna retreats to her room one evening with a bucket of ice. Scott tells Jodi that his mother has started drinking again and confides that he expects to watch helplessly while she destroys this marriage as she has several others. Scott asks Jodi not to tell her father because he is the first decent man they've known. Eventually, Donna gives up on her life, buys plane tickets and decides to exit this marriage also. Scott tells Jodi they are leaving the next day. To her surprise, she discovers that he has tried to do that, even suggesting Alcoholics Anonymous, but Donna has refused all help. They are gone the next day--Scott having left Jodi a framed picture on which he wrote, "I liked having you for a sister, even if if was only for a little while. With love, your brother, Scott."

_____

New York: MacMillian Publishing Company, Inc., 1980.

Kids and Drinking
Snyder, A.

First person stories based on the experiences of children who began drinking at ages seven to nine years old are told.

_____
Minneapolis: ComCare, 1977.

The Lemon Meringue Dog
Morey, W.

Mike, a dog trained to sniff out heroin, and his handler, Chris, get into trouble when Mike lets his love for lemon meringue pie get him off the scent.

_____
New York: Dutton Press, 1980.

Living With A Parent Who Drinks Too Much
Seixas, J. S.

Written to help children of alcoholics understand what is happening to them and their parents, this book shows how others have dealt with similar problems and feelings, suggests specific things that can be done to make life more bearable and productive, and tells where help is available. It describes alcoholism, alcoholic behavior, and resulting family problems. Children of alcoholic parents are provided with advice in dealing with these problems and their own feelings. Suggestions for making life more bearable and productive are provided.

_____
New York: Greenwillow Books, 1979.

Making Up Your Mind About Drugs
Berger, G.

Children form opinions and discuss many good alternatives to drugs. It enables the child to determine what is best for him or her.

_____
New York: Clarion, 1976.

No Place For Me
DeClements, B.

Copper Jones is shuttled back and forth between her relatives while her mother is drying out in a rehabilitation center; but when she is sent to live with her Aunt Maggie, who is a witch, she learns that even 7th graders have some power.

_____
New York: Viking Kestrel, 1987.

Now Is Not Too Late
Holland, I.

The start of this complex family history is hard to follow, and the author is not at her best, allowing abrupt flashbacks in which it's not certain for the moment who is speaking. Characters tend to disappear for pages; the plot elements are also contrived and farfetched. Eleven-year-old Cathy, a quick-tempered, impulsive girl, stays for several weeks with her paternal grandmother on a Maine Island while her father and stepmother vacation in Europe and her admired 13-year-old stepbrother goes to camp. Her mother, it's hinted, is dead. On the Island, Cathy secretly poses for Elizabeth, a strange,but compelling illustrator of children's books. Their relationship is developing when sudden crises erupt. Stepbrother Andy's camp closes with threat of a measles epidemic, and he and a friend must join Cathy and her grandmother.

Without warning, Andy, who previously treated Cathy as an equal, excludes her. But the other boy, a troublemaker, insists they all crash a town meeting of Alcoholics Anonymous, and Cathy discovers Elizabeth there. Some quick steps later, she learns that Elizabeth is her mother who, in the throes of advanced alcoholism, had abused her as an infant and was forbidden contact by the courts. Now recovered and remarried, she seeks to get to know her daughter. Her former mother-in-law has neither promoted the reunion not prohibited it.

While there are many more elements in this story than are mentioned here--some of which are probably unnecessary--the thematic issues make it worthwhile reading. One theme is the web created by lying. Another is Cathy's understandable preoccupation with being first in someone's life. The warm reciprocal relationship with the grandmother is a buffer, but Cathy's need, explored in depth, is enough to recommend the book. Deprivation of love is keenly felt, and few books for this age group treat the bitterness as justified and natural.

_____
New York: Lothrop, Lee, & Shepard, 1980.

Pardon Me, You're Stepping On My Eyeball
Zindel, P.

In Zindel style, this novel is a poignant commentary on misfit teenagers in a laugh-a-minute format. Marsh lives with his mother, an abusive alcoholic, and pretends great things about the father he knows deep inside will never return. He meets a girl named Edna, whose, ego-destroying parents inflict another kind of abuse. Supporting one another through their difficulties by open communication, Marsh is eventually able to "do some kind of symbolic act" through which he no longer denies his father's death to himself or others. The true-to-life dialogue of teenagers is realistic and strengthens and already meaningful story.

_____
New York: Harper & Row, 1983.

Ramona and Her Father
Cleary, B. B,

Seven-year-old Ramona is alarmed to learn that her father has lost his job. Home life turns grim. Mom works full-time, Ramona tries to make television commercials (in which she fails), and her father becomes bored with housekeeping. Ramona and her sister, Beezus, launch a campaign to get him to quit smoking, but when he tries, he becomes even more irritable. Eventually, through the periods of up and down Ramona learns about her family and her father's anxious irritability ends by only drawing closer to him. Home like improves when her father gets a job . . . but Ramona keeps on with her escapes.

_____
New York: Morrow, 1977.

Shelter From The Wind.
Bauer, G.

In running away to search for the alcoholic mother who has deserted her, 12-year-old Stacy comes to terms with pain as a requisite of life. Her adventure leads not to her mother,but to old Ella, an elderly woman who has also known desertion. Stacy thinks she is seeking her mother because she hates her now-pregnant stepmother. Old Ella teaches her otherwise. Fast-paced events enable Stacy to expand her capacities. The key incident concerns the mercy killing of an newborn puppy, at whose birth Stacy is present. In performing the act, Stacy, who has previously been unable to cry finally unleashes the torrent of grief within.

The characters, conflicts, and Oklahoma panhandle setting of this first novel are well drawn. A memorable climax may lead young readers to examine their own unexpressed bereavement.

_____
New York: Seabury Press, 1976.

Smoke from the Chimney
Tapp, K.

Erin relates the events of the summer when she and her friend, Heather, discover the "real" Tarzan and she becomes increasingly aware of the family problems caused by her father's drinking.

_____
New York: Atheneum, 1986.

Straight Mark
Hamilton, D.

The drug problem comes to the forefront at Mark's school when the star basketball player is arrested for dealing. Mark is very naive , but concerned and joins a student's group formed in response to the problem.

_____
Scottsdale, PA: Herald Press, 1976.

Where the Elf King Sings
Wolkoff, J.

Deeply disturbed by his Vietnam experience, 12-year-old Marcie's father drinks heavily and terrorizes his family.

_____
New York: Bradbury Press, 1980.

POETRY

Topic	Grade	Source	Poem/Author
Drinkers and Drinking	2 - 5	Agree, R. (1967). *How To Eat a Poem and Other Morsels: A Collection of Food Poems for Children.* New York: Pantheon Books	What Someone Told Me About Bobby Link/J. Ciardi If All The World Were Paper
	3+	De La Mare, W. (1957). *Come Hither: A Collection of Rhymes and Poems for The Young of All Ages.* New York: Alfred A. Knopf, Inc.	The Wind Blows Cold
	4+	Love, K. (1957). *A Little Laughter.* New York: Thomas Y. Crowell, Co.	Drinking Vessels/L. Richards
	5+	Aldington, R. (Ed.). (1958). *The Viking Book of Poetry of the English Speaking World.* Viking. New York: Viking Penguin	Back and Side Go Bare/J. Still Bring Us In Good Ale Drink To-Day/J. Fletcher Eleanor Rumming/J. Skelton Hey, Nonny, No! How, Butler, How In Praise of Ale Lord Alcohol/T. Beddoes Wine and Water/G. Chesterton A Winter Wish/R. Messinger
	6+	Hall, D. (1962). *A Poetry Sampler.* New York: Franklin Watts, Inc.	Drinking/A. Cowley

Topic	Grade	Source	Poem/Author
Humor - Drinkers and Drinking	6+	Cole, W. (Ed.). (1959). *The Fireside Book of Humorous Poetry*. New York: Simon and Schuster, Inc.	A Glass of Beer/J. Stephens
	K-3	Blishen, E. (Ed.). (1987). *Oxford Book of Poetry for Children*. Watts. New York: Oxford University Press.	A Carrion Crow Sat on an Oak
	K-3	Anglund, J. (1960). *In a Pumpkin Shell: A Mother Goose ABC*. San Diego: Harcourt, Brace, Javanovich, Inc.	If All the World Was Apple Pie
	K-4	Livingston, M. C. (Ed.). (1972). *Listen, Children Listen: An Anthology of Poems for The Very Young*. San Diego: Harcourt, Brace.	Bobbily Boo & Wallypotump
	4-7	Sheldon, W. (1963). *The Reading of Poetry*. Needham Heights, MA: Allyn & Bacon, Inc.	Eight Limericks, 2/E. Lear
	6+	Cole, W. (Ed.). (1959). *The Fireside Book of Humorous Poetry*. New York: Simon and Schuster.	The Lacquer Liquor Locker/D. McCord R-E-M-O-R-S-E/6. Ada
Drugs	5+	Crigson, G. (Ed.). (1971). *The Gambit Book of Popular Verse*. Boston: Harvard Common Press.	Cocaine Lil Willy The Weeper
Smoking	K-3	Stephenson, M., Comp. (1968). *Fives, Sixes, Sevens*. New York: Warne.	Grandpa's Pipe/I. Serraillier
	3-7	Opie, Iona, Opie, & Peter, (Ed.) (1973). *The Oxford Book of Children's Verse*. New York: Oxford.	Anecdotes of Four Gentlemen

Topic	Grade	Source	Poem/Author
Humor-Smoking	K-2	Wright, B.B. (1987). *The Real Mother Goose*. New York: Hale.	The Man of Bombay
	4+	Brewton, s., & Brewton, J. (Ed.). (1965). *Laughable Limericks*. New York: Thomas Y. Crowell, Co.	Ode to Tobacco/C. Calverley
	6+	Cole, W. (Ed.). (1959). *The Fireside Book of Humorous Poetry*. New York: Simon and Schuster.	There Was an Old Hag of Malacca

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